THE BHARAT SCOUTS AND GUIDES

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# NIPUN

## Rover/Ranger Handbook Series : II

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# NIPUN

## Rover/Ranger Handbook Series 02

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# NIPUN

Rover / Ranger Handbook Series 02

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**First Edition** : August, 2018
**Second Edition** : August, 2019, 2000 Copies
**Third Edition** : October 2022, 1000 Copies
**Fourth Edition** : March 2023, 1000 Copies
**Fifth Edition** : June 2024, 2000 Copies

**Published by** : **Director,**
**The Bharat Scouts and Guides**
National Headquarters,
Lakshmi Mazumdar Bhawan,
16, M.G. Marg, I.P. Estate,
New Delhi:110002

**Price** : **Rs. 70/-**

**Printed by** : Bhavya Offset

**Resources** : Scouting for Boys, Girl Guiding in India, WAGGGS, Pioneer, Rovering to Success, Rover Scouting, WOSM and WAGGGS website,
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# FOREWORD

This book is one in the series of basic books being published by The Bharat Scouts and Guides National Headquarters for Rovers & Rangers.

The book provides all the information related to Rovering and Rangering as per Nipun Syllabus given in APRO II and III. This will be of great guidance to the Unit Leaders in running the Unit and preparing the youth for the Nipun Badge.

Best of Luck.

**Dr. K.K. KHANDELWAL, IAS (RETD.**
**CHIEF NATIONAL COMMISSIONER**

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12 Attend atleast four All Faiths Prayer Meetings of your Crew/ Team and participate in a service camp for one day.

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19 Participate in a debate or a street play on Population Education / Family Life Education

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(a)Literacy, (b) Population Education, (c) World Friendship
(d)Sanitation Promoter (e) Civil Defence

30 Associate with any nearby Pack/Flock or a Troop/Company or at a LA/ DA campsite for three months and render need based service or Render service for three months in an Institution/ Village/ Slum area/ locality.

32 Participate in any one of the following : 1 Rock Climbing, 2 Trekking, 3 Rafting, 4, Para Sailing, 5 Para jumping or Complete adventure programme of National Adventure Institute or Other recognized Institute.

41 Practice B.P Six Exercise or Surya Namaskar or Aerobic.

51 Have knowledge about the Laws for protecting women.

54 Organise "Campaign to Stop the Violence against Women and Girl Child".

56 Visit a factory in the neighborhood of schools/ colleges/residence to understand the manufacturing process of various products and also to respect the dignity of labour.

# NIPUN BADGE -

**Dear Rovers and Rangers,**

*It's a great pleasure that you have been invested by your Unit Leader after completing Subjects given in Pravesh and you should feel proud to become the member of one of the largest Movement in the World.*

*Now you have to proceed for completing the syllabus given in Nipun Badge in the APRO II and III. Before this, you must know that Rovering and Rangering is a Brotherhood and Sisterhood in the open air. Means, most of the activities should be out of door aiming to prepare you to become Healthy, Happy and Helpful Citizen of the Country which will bring a real happiness among you and you will feel proud to do Service to the Community and Nation. The entire syllabus given in the Nipun is based accordingly;*

## Requirements for Nipun

(i) Strive for a happy family and undertake responsible family jobs to give relief to the earning members of the family.

(ii) Develop in consultation with Unit Leader for some typical Hobbies/Vocational Activities such as Tailoring, Fashion Designing, Candle Making, Screen Printing, Fine Arts, Hair Dressing, Photography, Modelling, Beautician (For Rangers) etc. which should lead for livelihood and show that the Rover/Ranger is progressing in them.

(iii) Participate in group discussions of your Crew/Team and chair atleast two.

(iv) Attend atleast four All Faiths Prayer Meetings of your Crew/Team and participate in a service camp for one day.

(v) Have sufficient knowledge upto Dwitiya Sopan Scout/Guide in Pioneering, Camping, Estimation, Compass, Mapping and First Aid for Crew/Team outdoor activities and service campaign.

(vi) Organise games for children in the mohalla/ village for about a month.

OR

Conduct competitions for children preferably of your locality on a conservation/pollution subject.

(vii) Participate in a debate or a street play on Population Education / Family Life Education

(viii) Qualify for any one of the Rover/Ranger Proficiency Badges:
(1) Literacy, (2) Population Education, (3) World Friendship (4) Sanitation Promoter (5) Civil Defence

(ix) Associate with any nearby Pack/Flock or a Troop/ Company or at a LA/DA campsite for three months and render need based service

or

Render service for three months in an Institution/ Village/Slum area/locality

(x) Participate in any one of the following :
(1) Rock Climbing, (2) Trekking, (3) Rafting, (4) Para Sailing, (5) Para jumping

or

Complete adventure programme of National Adventure Institute or Other recognized Institute.

(xi) a) Have knowledge about the Laws for protecting women.

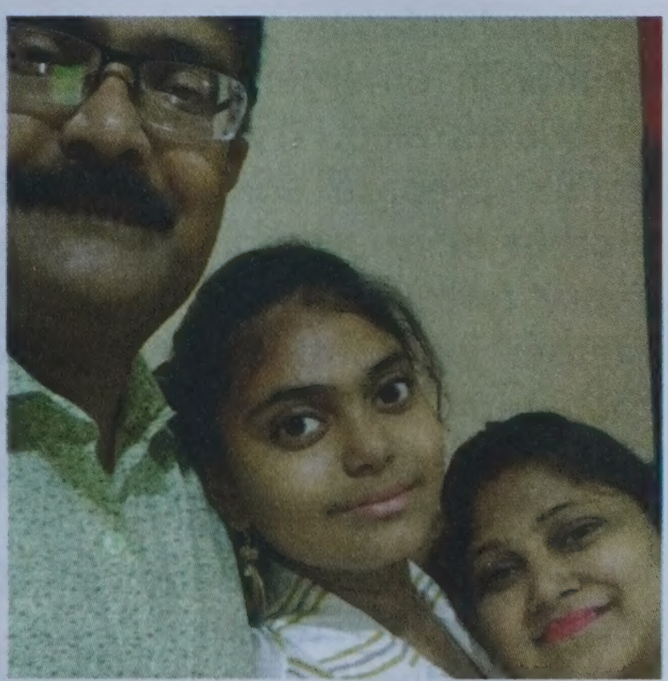
b) Organise "Campaign to Stop the Violence against Women and Girl Child".

(xii) Practice B.P Six Exercise or Surya Namaskar or Aerobic.

(xiii) Visit a factory in the neighborhood of schools/ colleges/residence to understand the manufacturing process of various products and also to respect the dignity of labour.

## Strive for a happy family and undertake responsible family jobs to give relief to the earning members of the family.

Happy family life provides happiness to all members of family. A happy family may not be a rich family. You should care and share family commitments. You're not mature now but young adult person. You should understand how hard your parents and elders work to support your education, hobbies to fulfill your ambitions. It is your duty to show your gratitude to them. Do undertake a responsible job, may be doing some part time job for tuition etc and earn some money which will give at least a little relief to your father if he is the only earning member of the family. It will make you also understand the value of money. In some senior schools and collages there are scheme for earning by learning. This is right age to know and practice dignity of labour. You should not feel too shy or sorry to do any job. Only thing is you should sincerely feel and you should earn help family. You can make use of your vacation for this. Be a friend and cooperative neighbor understand their problems but it is not easy to get a job and earn money. You must understand work load of your family members and be ready to help them all the times. Taking responsibility in family job to give relief members of the family working continuously, e.g. preparing breakfast, cooking meals ,washing clothes, cleaning

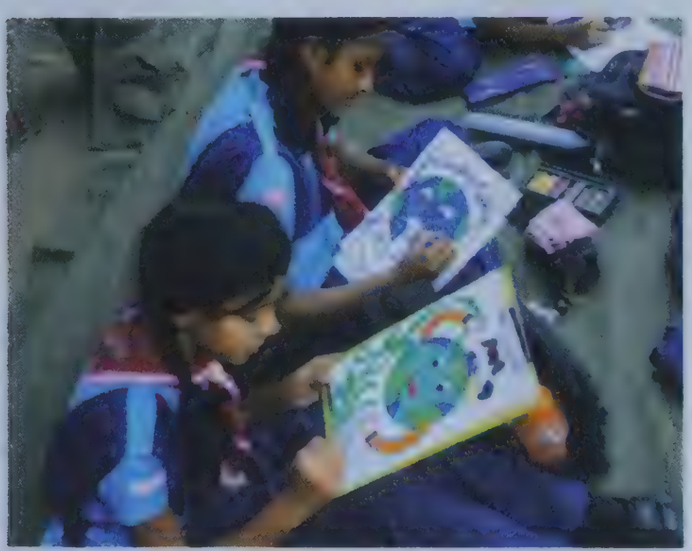


floor, watering plants ,glazing windows it needs time to do job. Your parents and family members will get relief if you can share this work with them. But your sense of duty will make you to complete the work and take rest. It will give you satisfaction that you are doing something for your happy family. **YOUR PARENTS WILL FEEL MORE PROUD ABOUT YOU. IT MAY BE AN EXAMPLE FOR YOUR OTHER GROUP MEMBERS.**

If there is no need in your family to do any household job regularly or earn money, learn driving, the vehicle that are used in family and give relief to elders' .it will be very helpful in emergency not in your family but for your neighbors also. Try different fashion for you dress at home, prepare some new dish every Sunday, help mother in re-arranging of furniture / setting or rooms every fortnight. That will provide more rest for your mother and father and un knowingly you will get prepared yourself for your future life. You can go to your work place of your father and can take the responsibility of assistant in the office while computer operator, key punch operator at shop sales men or girl , accountant, technician , IT technicians etc. you can help in your family business / trading saleing goods online in your industries and factories.

**Develop in consultation with Rover Scout Leader/ Ranger Leader for some typical Hobbies/Vocational Activities such as Tailoring, Beautician, Fashion Designing, Candle Making, Screen Printing, Fine Arts, Hair Dressing, Photography, Modelling etc. which should lead for livelihood and show that the Rover/ Ranger is progressing in them.**

You have many hobbies. Only thing is you may not be doing the activity as a hobby but you like it. e.g. music, dancing, reading, preparing new dishes,



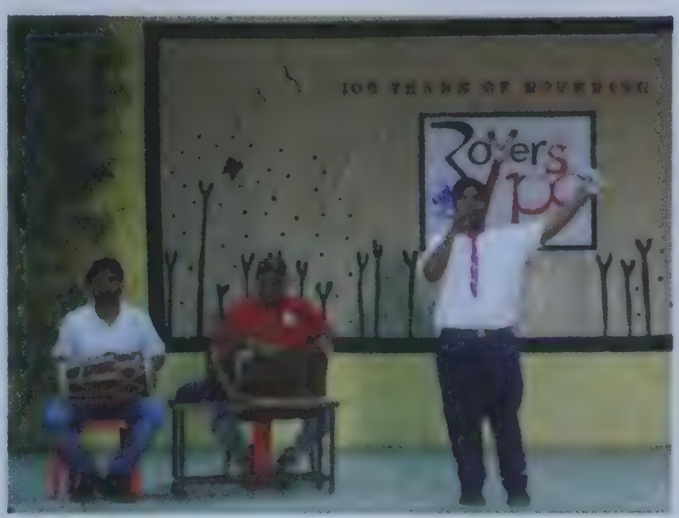
interior decoration, embroidery work, sewing, netting, nature study, Driving, gardening, Climbing, ridding, surfing on internet, developing software etc. Consult your unit leader and develop a hobby. It should be useful. You can start any vocational activity. Now a day's various activities, certificate Courses, Diploma Courses are conducted by universities, Colleges, Specialist institutions. It is depend upon your inclinations towards this projects e.g. Journalism, Tourism etc. Previously one was to learn with by working with the person who was already working in the field and having huge experience. Now a days, journalism and various course are there, for Computer, there are various short term course for 3 to 6 months. Post graduate diplomas also there. With computer

beautiful design and graphics, colour configurations and patterns can be made. Experience in Postal/ Courier. Take advantage of it and do it. For hobby or vocational activity you will have to study and make sincere efforts for further progress in it. When you have an interest in the subject or hobby you will do more effort for successful achievement in it. In the hobby or vocational activity you have chosen make progress in it. As you will progress, you will feel satisfaction. It will add to the makeup of your personality. You will get more self confidence. Unlimited opportunities are there to develop right type of hobby or activity. Your spare time will be well utilised, and you may feel sometime that you have no time to spare because after developing interest in the hobby/vocational activity you want to develop it, progress in it and then your goal will be higher to reach the height.

In future, in long vocation these hobbies or activities may help you to earn not only for sometime but it may help you to earn regularly. In future both husband and wife have to earn to look after the family and maintain the standard of living. On parents Day you can have an exhibition of whatever all

Rovers/Rangers have prepared in the hobby or vocational activities. Silk screen printing can be done at home preparing different greeting cards. As more people are doing service they need ready – made ingredients to buy from bazaar. You can start in this field also. Once you gain confidence of others that you are clean, reasonable and punctual and doing all jobs at home, you can earn money staying at home. You can prepare Tiffin or packed Lunch and people will come to you and give orders and your business will flourish as per your efforts put in.

Thus this test is there to encourage you to build up self confidence in you and to provide an opportunity for you, to know the value of money and dignity of labour. Maintain a detailed record of your chosen hobby or vocational activity and the progress you have made in it.



To organize a hobby or handicraft centre is a cooperative job. It is a group work. This centre may be for your Crew/Team or for boys of Rover/girls of Ranger age from your locality or for ladies, house wives or for children. It depends on the time and space, available resources, number of participants etc.

If it is a centre for your Crew/Team members only you will get an opportunity to develop your hobbies/handicraft. You will have to share the duty allotted to you and you should make sincere efforts for the development of your hobby. You will progress with

your own speed. It should be competition with you and you will try to raise higher and higher. Few suggestions are given for hobbies and craft work which could be taken up without much difficulty in the centre.

Vocal/instrumental Music, Pottery, Screen Printing, Puppets/Doll making, Dress Making, Reading, Dancing, Toy making, Interior decoration, Fancy cooking, Painting Knitting, preparation of Season's Greeting cards, Embroidery, poster making and various kinds of handicrafts using mainly titbits.

Your group committee members, friends, former Rover/Ranger of your Crew/Team and other organisations will also help for it.

If it is a centre run for others where Crew/Team members are organisers share your responsibility to make the centre a success.

## Participate in group discussions of your Crew and Chair at least two.

In group discussion there is a group of persons who discuss about a subject, project, plan etc. in a group discussion there is always a leader. Who is known as chairman, who controls discussion Your Crew/Team Council meeting is a place where members sit together to listen to reports of Rover Mate/Ranger Mates, Treasurer, Secretary etc. Then they plan a function or camp or outing or project as the case may be, you take this opportunity and participate in discussion. There is a Secretary, Secretary takes down notes to prepare report of the meeting i.e. minutes of the meetng. Members of the group express their views, ideas, difficulties that may arise etc. and then ultimately the group generally comes to conclusion.

The group as a whole decides. When you are participating in a group discussion as one of the members, please listen to others. If one makes statement you should not immediately react against it or start opposing. Give that Rover/Ranger enough time to complete his/her talk. Then you can speak. One of the golden rule of a group discussion is only one person speaks at a time and others listen. Then only a good and thorough discussion is possible. But if one interprets other speaker the decorum of the group will not be maintained and there would not be any discipline.

It is the duty of the Chairman to see that one member only will speak at a time. Chairman should also see that everybody in the group takes part in discussion.

Chairman can motivate silent members to speak, even by putting questions to them. Chairman should show an understanding, members should speak, addressing to the chairman. Every Rover/Ranger is a different individual, his/her intelligence, experience, background, attitude towards life, education abilities differ from others. Every Rover/Ranger is unique in some way or the other. No two Rovers/Rangers are alike. So every Rover/Ranger has a different view/side to express about the proposition under discussion. When everyone gets a chance to speak it becomes a fruitful discussion and then the decision arrived at would be generally of more permanent nature. In the long run it will give good results.

As the test indicates to chair the discussion, it is better that you should know the procedure for conducting a meeting how to prepare a notice for a meeting, including agenda for the meeting. Start the meeting at the fixed time and at fixed place on the date given in the notice. If it is the first meeting send the notice sufficiently early so that all members will be present for the meeting. As soon as the meeting starts welcome all the members and Secretary should take signature of members present in the meeting, explain the purpose of the meeting, which will give a definite direction to the group discussion. After the discussion is over, please see that the meeting will come to a conclusion. Try to have a unanimous Resolution as far as possible. Then it becomes a binding also to all members to follow it. After the meeting is over the Secretary should prepare minutes of the meeting and should submit it for

your approval. In the next meeting these minutes will be approved by the committee. Then you sign the minutes in the minute's book. In the second meeting under agenda item action taken/business arising, Secretary should report about it.

You get an opportunity to see on T.V. how the discussion takes place in your parliament also. To participate in a good discussion may be supporting the proposal or opposing is also an art. you should speak in such a way that other members will be convinced with your speech. You should speak only the truth. Support your statement with facts while talking also give respect to elders even though you are totally opposing the proposition and their view.

If you are a chairperson keep yourself calm. Don't lose your balance of mind and you will see that discussion is not going out of the way and entering in other subject. But at the end give thanks to all members for their kind cooperation, have full confidence in yourself. With self confidence work as a Chairperson. Do some home work at home. If necessary read and collect necessary information, what would be its implications, make necessary noting and go to chair the meeting confidently.

This opportunity of group discussion will give you self confidence, to look at the subject from different angles which help to take right decision which will be ultimately beneficial to whole group as such. It will help you to understand other's point of view which will be very helpful in life.

## Attend at least four All Faiths Prayer Meetings of your Crew/Team and Participate in a service camp for one day.

The Bharat Scouts and Guides have set a definite pattern of prayer meeting. Generally prayer meetings are organized on important days like 2nd October, 30th January, 15th August, 26th January, 22nd Feb., 7th November or in the camps every day otherwise positively at least once during the camp.

As per Rover/Ranger Promise and Law you have to do your duty to God. A very simple way is to do prayer. Every Rover/Ranger does his/her prayer according to his/her religion or faith. If there are Rovers/Rangers in your crew/team that belong to different religions/Faiths in the prayer meeting they will pray accordingly. The tradition is a place is prepared for everyone to sit comfortably. Those who lead the prayer and those who are going to say individual prayer sit together. They sit quietly in an alphabetical order of religion. Every one comes quietly and takes position. Then the leader will announce the programme and start the prayer meeting. In the beginning all members who are present sing together some shlokas and prayers and Bhajans. Then individual prayer will be read/sung/say loudly by one representative of each faith. After keeping silence for few minutes all sing together Bhajans and at the end Shantipath. If a guest in invited he/she will speak for few minutes about importance of prayer or how following one's own religion inculcates tolerance for others or like that. All move out quietly. Solemnity is to be maintained. The prayer meeting helps to clear our mind and thoughts. One caution is individual prayers should not be too long.

If your crew/team having a camp in a village invite villagers in this meeting. Let them also join the prayer meeting as some of the Bhajans are common all over the country. If they want to sing let them, but you

must know it earlier, so it will have a place in the programme.

The Bharat Scouts and Guides have published a small booklet called **HAMARE SOLAH GEET.** It is both in Devnagri and Roman Script. So everyone is able to make use of it. There is a C.D. also on sale.

Attain such four meetings. You can sing individual prayer representing your religion. You can work as a leader also for such a prayer meeting. It is very effective if done sincerely and one feels stronger to do service to others. If musical instruments are available prayers will be still melodious and the effect will last for a long time. Generally, these meetings are arranged before the breakfast in the camp. But on certain days as per the programme of your Crew/Team it can be arranged at any convenient time.

## Have sufficient knowledge up to Dwitiya Sopan Scout/ Guide in Pioneering, Camping, Estimation, Compass, Mapping and First Aid.

Pioneering, Camping, Estimation and first aid are skills of Scout/Guide craft. It involves practical work and practice. All these subjects need regular revision knowledge and techniques of these subjects must be kept up to date. Otherwise when the need is there mere presence will be of very little use.

Camping is living out of doors, in the open generally under canvas i.e. tents. But it does not mean that it is a very hard life. It is hard life as compared to staying in a cosy house. But you can make it comfortable if you have acquired Scout/Guide skills in pioneering, camping and first aid. You should participate in hikes and overnight hikes where your stay outside is not for a long duration. It will provide you the taste of camping and you will get yourself well prepared for it.

Under pioneering you primarily handle knotting ropes, staves, you learn knots, lashings, and prepare different gadgets which will help you in camping. Your

Rover/Ranger mate and other Rovers/Rangers will help you for acquiring this skill. There are many special books on pioneering,. But in the beginning you can make use of the books like 'Scouting for boys, Girl Guiding in India, Pratham Sopan, Dwitiya Sopan, and Towards Rashtrapati Guide and Pragati Path". All are published by the National Hqrs. of the Bharat Scouts and Guides.

For camping some books will be useful to you, there are many books on camp craft. But please remember Scout/Guide Law is the Law and Self discipline is the Discipline of the Camp. Sharing and cooperation is expected not only with other Rover/ Ranger campers but with nature also. Whatever Scout/Guide Craft, Handicraft and other test work you have learned, in weekly meetings of Rover Crew/Ranger Team and whatever you have acquired by self study, everything is put to a practical test in camping. Camping is also a skill and acquires it with experience by participating in camps regularly. Here are some tips for you. Make your personal kit complete depending upon the season and nature of the camp.

Suppose you are going to participate in a service camp where you will have to work day and night taking valuable things with you is risky. You should take such things that even you lose them you will not feel very sorry for it. Learn how to pitch and strike and pack a tent and preparation of gadgets, how to use camping tools like pickaxe, spade, handaxe etc. know the layout of camp. A Rover/Ranger goes to camp with minimum luggage but he/she carries with

his/her every essential article that is needed for camping. As you will get experience you will improve your camp craft skill and you will enjoy it more and more, you will enjoy camping in all seasons.

First Aid is another skill which you will master after sufficient practice. Above mentioned books will provide you necessary knowledge. St. John Ambulance Association have published book in many regional languages. You can make use of it. This knowledge will help you in everyday life. You can refer to NHQ hand out Modern First aid. For these three skills you should gain knowledge and technique as a Dwitiya Sopan Scout/Guide will have it.

To earn this badge, you must have knowledge of the following skills of Scouts/Guides related to Pratham Sopan and Dwitiya Sopan for which you can get reference in the following books:

| **Subject** | **Book reference Published by BSG** |
|---|---|
| **PIONEERING** | Pioneer, Scouting for Boys, Pratham Sopan, Dwitiya Sopan, Pragati Path (Hindi), Towards Rashtrapati Guide(Girl Guiding in India) |
| **CAMPING** | Camping and Hiking, Scouting for Boys |
| **ESTIMATION** | Scouting for Boys, Pratham Sopan, Dwitiya Sopan, Pragati Path(Hindi), Towards Rashtrapati Guide (Girl Guiding in India) |
| **COMPASS** | -do- |
| **MAPPING** | -do- |
| **FIRST AID** | -do- & St. John Ambulance latest publication |

## Organize games for children in the Mohalla/ village for about a month.

*In every Mohalla or area there are children, and they love to play games. You have to organize games for them.*

Take a survey and find out how many children are there. You know the people in Mohalla and they also know you. So there should not be any difficulty to send the children to you for games. Find out suitable place or make the available place suitable to play games. Children will not like to play same games for a month. They want change also as they want repetition of the game they like most. If you have to get games material discuss it in the Rover Crew Council /Ranger Team Council consult Rover Scout Leader/Ranger leader and prepare budget and find out resources. In the beginning have some children, inculcate in them habits for cleanliness, punctuality, discipline through your organized games. If necessary divide them in different age groups and if you do not have any partner with you, you invite different age group children at different time or on different day. It will be more convenient for you. There are number of books on

games. Find out few parents or youth who will work with you. So that after a month or two, when you may not go regularly or lave after completing your tests the play centre activity will continue. Plan your work; from the very beginning maintain the record. Play theses games as convenient for you. If you play for all days in a week, it will be very effective. But once you start it, do not stop it in between, at least for a month or two.

By playing games with children, you will acquire tolerance, sense of service; children will also give you new ideas for games. Remember a little change in a game makes no difference for you, but children feel it is a new game. Take full advantage of this element. You will feel young by playing games with the children.

If you do not have much time to spare to play organized games with children, you can take up the other option of the test of providing knowledge of pollution/conservation to the children.

## Participate in a debate or a street play on Population Education / Family Life Education

Collect and get sufficient information on population Growth and family life Education. Take help of your

college or institutional library or public library. Ample literature is available on the subject. Govt. Publications are also available. Make a good use of it. Take a survey of your locality. Find out the problems of population in your area. Participate in a debate or a street play on Population Education/Family Life education. Thus the audience is known to you. It is a great advantage in preparing a talk as you definitely know to whom you are going to address.In the introduction give the information of your area.

It will be better if you give few facts and figures. Then you put up the population problems and your talk will be appreciated more if you are able to touch following high lights:

- The need for family life education.

- How family life contributes to the well being of its member.
- The needs of a healthy and matured citizen opportunities provided in family life for decision making conservation and passing on of culture and traditions.
- How family life education can help in the development of better civilization, establishing and maintaining comfortable, satisfactory relationship with other family and society understand and responding positively to changing situation advantages of a small family for a better future etc.

Some of these points may help to solve some of the problems of population. But for problems of population every family in the area should commit to work solving the current problem and help not to create new problems. Communication has to pay an important role on it. If there are more family members in the family there are others problems. These children have no companions in the family and so there are psychological problems. In some of the area Education Department has to close a number of primary schools as there are no sufficient numbers of children's. The education class of society is having less children. Is it going to be effect the future of the nation? Experts in the field only will be able to forecast it. But our next generation may have to face the practical problem.

Some of the Survey draft Performa's are given at the last. You can use them after amendments as per your need.

# AWARENESS SURVEY

**NAME OF THE SURVEYOR :** _____

SURVEY AREA: _____

_____

1. Name : _____
2. Address: _____

_____

_____

**Phone** _____ **E-Mail** _____

3. Education Qualification: _____
4. Name of the Husband / Wife if married : _____

_____

5. Qualification : _____
6. Profession : Govt. Service / Farmer / Own Business / Work in Private Sector / Others. (Please √) :_____
7. Which of the following Disaster will have the worst effect in your area :

(a)☐ Earth Quack (b)☐ Flood (c)☐ Riots (d)☐ Fire
(e)☐ Heat/Cold/Wave (f)☐ Industrial(Power) Disaster
(g)☐ Land Slides (h)☐ Disaster (I)☐ Others

8. Do you want to get knowledge to prevent / prepared to face the disaster ☐YES ☐NO
9. Are you ready to under go a training required by paying money ☐YES ☐NO Free ☐YES ☐NO
10. What is HIV ☐Knows ☐Don't Know
11. How does HIV spread ☐Knows ☐Don't Know
12. Does HIV have a cure (Vaccines) ? ☐YES ☐NO
13. Is Drugs a problem in your society? ☐YES ☐NO
14. Do you feel to provide sex education to youngsters? ☐Y ☐N
15. Are you ready to attend a seminar on AIDS / STC. ☐Y ☐N

***Note : This proforma is only a sample. According to area / need it has to be changed.***

# HOUSE TO HOUSE SURVEY

| Sl. No. | | | House No. 1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1. | No. of Adult | M | | | | | | | | | | |
| | | F | | | | | | | | | | |
| | Literate | M | | | | | | | | | | |
| | | F | | | | | | | | | | |
| | Profession | M | | | | | | | | | | |
| | | F | | | | | | | | | | |
| 2. | No. of Children below 5 years | M | | | | | | | | | | |
| | | F | | | | | | | | | | |
| | 6 to 10 years | M | | | | | | | | | | |
| | | F | | | | | | | | | | |
| | 10-16 years | M | | | | | | | | | | |
| | | F | | | | | | | | | | |
| | 16-25 years | M | | | | | | | | | | |
| | | F | | | | | | | | | | |
| | Married | M | | | | | | | | | | |
| | | F | | | | | | | | | | |
| 3. | Education 6 to 10 years | M | | | | | | | | | | |
| | | F | | | | | | | | | | |
| | 10-16 years | M | | | | | | | | | | |
| | | F | | | | | | | | | | |
| | 16-25 years | M | | | | | | | | | | |
| | | F | | | | | | | | | | |
| | 25 onwards | M | | | | | | | | | | |
| | | F | | | | | | | | | | |
| 4. | Immunization done for Polio: DPT | | | | | | | | | | | |
| | Immunization done for Polio: MRI | | | | | | | | | | | |
| | Immunization done for Polio: Hepatitis | | | | | | | | | | | |
| | Any Disease during last one year: Leprosy | | | | | | | | | | | |
| | Any Disease during last one year: AIDS / HIV | | | | | | | | | | | |
| | Any Disease during last one year: Sun Stroke | | | | | | | | | | | |
| | Any Disease during last one year: Viral Fever | | | | | | | | | | | |
| | Any Disease during last one year: Dengue Fever | | | | | | | | | | | |
| | Any Disease during last one year: Cholera | | | | | | | | | | | |
| | Any Disease during last one year: Diarrhea | | | | | | | | | | | |
| 5. | Sanitation: Drinking Water | | | | | | | | | | | |
| | Sanitation: Drainage | | | | | | | | | | | |
| | Sanitation: Toilet / Urinal Point | | | | | | | | | | | |
| | Sanitation: Animal House | | | | | | | | | | | |
| 6. | Food: Daily Diet | | | | | | | | | | | |
| | Food: Whether nuturise meal | | | | | | | | | | | |
| | Food: Agriculture | | | | | | | | | | | |
| 7. | Which Therapy believed for Medical Aid: Allopathic | | | | | | | | | | | |
| | Which Therapy believed for Medical Aid: Ayruvedic | | | | | | | | | | | |
| | Which Therapy believed for Medical Aid: Reiki | | | | | | | | | | | |
| | Which Therapy believed for Medical Aid: Trantrik | | | | | | | | | | | |

# VILLAGE SURVEY

1. Name of the Village : _____
2. Name of the Surpanch / Head : _____
3. Total Population : _____

| | M | Lite rate | Sick ness | Profe ssion | F | Lite rate | Sick ness | Profe ssion |
|---|---|---|---|---|---|---|---|---|
| a) More than 60 years | | | | | | | | |
| b) 25 to 60 years | | | | | | | | |
| c) 10 to 16 years | | | | | | | | |
| d) 5 to 10 years | | | | | | | | |
| e) Balance 5 years | | | | | | | | |

3. Total Families : _____
4. No. of families having more than 2 children : _____
5. Diseases found / Suffered during last one year. Numbers of cases :

| S. L. | DISEASES SUFFERED | NOS OF CASES |
|---|---|---|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |

3. Sanitation Position :
   - a Toilet for each House : Yes / No.
   - b) Drainage for each House :Yes / No.
   - c) Drainage for street :Yes / No.
   - d) Drainage for village :Yes / No.
   - e) Drinking water :Yes / No.
   - f) Natural Resources :Ground Water / Spring / River / Tank.

   Purifying or not, If yes, How many houses :_____
4. Immunization : _____.
5. AIDS available
   - a) Medical.
   - b) Bank.
   - c) School.
   - d) Cooperative Society.

## Qualify for any one of the Proficiency Badges:

***(1) Literacy (2) Population Education***
***(3) World Friendship (4) Sanitation Promoter***
***(5) Civil Defense***

You have to earn one of these five proficiency Badges. For every badge a syllabus is given. Your Rover/Ranger Leader will give you guidance and direction for your study. You are also free to take help from experts in the subject. Such experts are also appointed as instructors for particular badge work by Local/District Association and the case may be. Through your Unit Leader, you can be in contact with such an instructor for the particular badge. When you are ready to give test, your Unit Leader will intimate the concerned Local/District Association and they will arrange for your test.

During the test whatever information or activity is asked relating to that badge work, you will give or do. These are not written tests as we have got in educational institutions. It is all viva or practical work. The examiner takes into consideration your age, your educational qualification, and your experience in Scouting/Guiding. Be frank. Don't be afraid you have fully prepared for the test and then only you have intimated to your Unit Leader.

If the examiner is of the opinion that you, your information, knowledge regarding the badge is not sufficient/up to the mark, the examiner will supplement it and will invite you again. The examiner will intimate the result to the respective Local or the Dist. Association which will intimate it to your Rover/Ranger Leader. He/She will apply for that badge and after receiving, it will be presented to you ceremoniously. This is the procedure for Proficiency Badge.

## 1. Literacy

Arrange an exhibition with posters etc. published by Govt. and Non- Govt. Organizations. While taking survey for other test work you must have collected this information also. Thus you have got a necessary data with you. On the basis of that you plan your work in consultation with your Rover/Ranger Mate and Unit Leader. You can take help of your Crew/Team for organizing a drive for literacy, for arranging and exhibition, to conduct night school. So that if you are absent for any reason the work of night school will continue. You can get necessary literature from adult education department in your District/State. It is specially prepared for the purpose. If you are working with the dropouts motivate them slowly to join the Bharat Scouts and Guides movement. They should be convinced that if they join they will have a better future. To achieve the result for this badge you will have to work continuously, sincerely and facing difficulties for a longtime. Don't get tired or lose confidence. Stick to it and you will experience great satisfaction. At the end you will understand how the former workers in the field must have worked hard.

***At the end of the classes a person should be able to read simple stories, News paper and be able to Write letter and do simple arithmetic which is needed in daily life.***

## 2. Population Education

When you have prepared a talk on population problem in your area, you have collected lot of information on population education side by side with family life education. That was collection of information on and putting it in systematic way on the paper. Here you are going to make use of that information and trying to motivate the people themselves to accept those programmes and plans. Take help of gram Sewak, Health centre and medical and paramedical personnel. Through adult literacy also you can give these ideas with the help of stories, posters, puppet show etc.

Arrange an exhibition on a weekly bazaar day in the village or festival day,holiday. So that people can spend more time, ask questions and you can satisfy them by giving necessary information. It will be better if Team works together or if you take few Rangers at least to make an exhibition a success. You can arrange an exhibition in a school, or where there is public library. Procedure for testing will be the same.

## 3. World Friendship

1. For knowledge of other three countries you can collect information by referring books in the library, magazines, pictures and the Publication of those countries.

Your Rover/Ranger Mate and Unit Leader will give you guidance for this. Some such literature may be available in the library of Local/District Association.

2. Contact You can refer www.bsgindia.org of the Bharat Scouts and Guides. They get request from pen friends from other countries. You can refer to Bharat Scouts and Guides, National Headquarters Monthly Journal also. Many Rangers from other countries participate in activities at Sangam, the World Guide Centre in Pune, Maharashtra. Through your Unit Leader and State Association, you can contact Guider-in-charge of Sangam who can help you to get information, names and addresses of Rangers from other countries and you can go ahead. If you have already met Rangers from other countries there is no difficulty for you. This correspondence should give you information about their Activities, Camping, Service Projects, family life in the country and more information about Guiding.

3. From the website of WAGGGS and WOSM, you will get information about WAGGGS & WOSM and their activities. The National Headquarters has published one book called WAGGGS. Make use of these books and magazines from other countries. You can refer www.bsgindia.org website. Then prepare anice Log Book with pictures and cuttings.

4. You decide which three activities you will do. Then go ahead.

i) You can get this information along with (2) above.

ii) Simple literature is available in libraries. Take advantage of it.

iii)If you have participated in such activity you can complete this item.

iv) For this, refer www.bsgindia.org website

v) It is your choice of subject. It will be better if activities of Scouting/Guiding have got a relation with that subject. But it is not a condition for choosing a subject. It is just a suggestion.

## 4. Sanitation Promoter

Make a survey in a given locality and help people in the following ways:

**1.** **a.** Using clean water for drinking

**b.** Demonstrate the process of filtering boiling and storing water.

**c.** Demonstrate use of charcoal water filter.

**2.** Protecting grain from rats and other rodents.

**3.** Protecting cooked food from flies, mosquitoes, dirt etc.

**4.** Showing correct ways of disposing waste and use of composite pit.

**5.** Educating people about dangers of defecating in the open.

**6.** Erecting inexpensive and effective latrines.

**7.** Enthusing people belonging to at least twenty five houses to use health salts with the help of hand bills/posters prepared by himself.

## 5. Civil Defence

I To earn the badge, you must under go the courses organized by Civil Defence and St. John Ambulance i.e. Rescue, Basic Safety Course, Fire Fighting, First Aid etc. This will help you to earn the badge and fulfil the purpose of earning the badge by giving your valuable service to the society and nation in case of need.

Meet Civil Defence personnel or who have registered themselves for this work. They will provide you necessary information; will guide you to get the technical information. Now a days, Disaster Management Task Force of team is in all the District under Dist. Collector. Every State also have Disaster Management Institute where 10 days to 30 days training is provided to the citizens.ncy badges other than the knowledge gain for the badge:

You also have to qualify following proficiy

1. **Pathfinder's Badge as for Scouts/Gudes.**
2. **Ambulance or Health or Fireman for Scouts/Guides.**

For Pathfinder'sBadge, Ambulance/Health/Fire men's Badge test work you can take help of local persons or Local/District Association Instructors for requirements for these badges please refer to APRO-II/III.

**Associate with any nearby Pack/Flock or a Troop/ Company or at a LA/ DA campsite for three months and render need based service**

**or**

**Render service for three months in an Institution/Village/Slum area/locality.**

If you are doing higher studies you can use your vacation time for this test. If you associate yourself with a Cub Pack/Flock/Troop/Company which is easily accessible to you, you will help Cub Master/ Flock Leader or Scout Master/ Guide Captain in their weekly meetings and outings, you can also help to maintain records, can teach advanced Scout/ Guide craft to patrol leaders, help them in their service projects or day Celebrations etc. It will give you an experience of the function of the Unit leaders. How they plan, execute and evaluate the programme, how they teach and provide opportunities to their patrol leaders or how a Cub Master/Flock Leader forgets his/her age and mixes with Cubs/Bulbuls and plays with them. How sincerely he/she tells a story to them, you can help his/her for weekly meetings or annual celebration or whatever may be the programme during that period.

You have got another choice to work at the campsite of Local/District Association for three months. You will definitely help them for activities that would take place during that period. But if you plan a project which

you will be able to complete with in the period in addition to the activities it is worth doing e.g. Re-arranging and preparing records for reference libraries, to plant trees and look after them for 3 months, preparing posters, charts, paintings, preparing necessary aids or getting the site cleaned or painted whatever it is.

If the campsite is not nearby it may be rather difficult for you to complete this item. Still choice is there to select an institution, slum area or Locality and work there for three months. The idea here is whatever knowledge and skill you have gained in Rovering/Rangering it should be made to use for others. Secondly to do a service for 3 months without accepting anything in return is a lesson for you as a Rover/Ranger. You get an experience of what is meant by serving others. Discuss with the authorities of the institution and do the work. For slum area and locality it will be better if you are able to take into confidence few parents or families for the service you are going to do, involve them from the very beginning. It may motivate others also to join the activity. Plan activity in such a way that ultimately it should be carried out by residents themselves.

**Prepare a report giving your plan, how you executed it and add evolution so to it.**

These are just few suggestions. On your efforts the success depends. We hope you will pass your Nipun Badge test at the earliest. A special programme will be arranged in your Crew/Team to present the badge to you.

## Participate in any one of the following:

**1. Rock Climbing 2. Trekking 3. Rafting**
**4. Para Sailing 5. Para jumping**

## 1. Rock Climbing

Rock climbing is an activity in which participants climb up, down or across natural rock formations or artificial rock walls.

Rock climbing competitions have the objectives of either completing the route in the quickest possible time. However, rock climbing is generally differentiated by its sustained use of hands to support the climber's weight as well as to provide balance.

Rock climbing is a physically and mentally demanding sport, proper climbing techniques and usage of specialised climbing equipment is crucial for the safe completion of routes. Rock climbing is recognized by the **International Olympic Committee** as a sport.

### ROPES, KNOTS AND CARABINERS

1. The rope, more than any other piece of equipment symbolizes climbing and the climbers depends on another person.
2. The rope is a "Safety Net" to catch you when in difficulty.

3. The knots tied allow you to use the rope for specialized tasks, the seat harness the rope is tied to the loops of webbing, known as runners, that help correct the rope to rock ,and carabineers that join parts of the climbing system.

**4. Be sure to follow the instructions of the Instructor or Trainer while doing rock climbing.**

5. Be remember that Rocks are not good friends to never touch your body while climbing. Always keep three parts on the rocks i.e. two hand and one feet or two feet or one hand.

*For this activities, better you can join the Adventure Programme of The Bharat Scouts and Guides at Pachmarhi, M.P. or at National Youth Complex, Gadpuri, Palwal, Haryana.*

**For more knowledge read the books available in the market.**

## 2. Trekking

Trekking is combination of hiking and walking activity in which people take multi-days trips in rural, un development area. In another words, Trekking is making a journey/trip on foot, especially to hike through mountainous areas often for multiple days and along lovely mountains villages and enjoying nature and/or close contact with people in remote mountain villages where lifestyle sometimes is unchanged since many

generations. Trekking is also done in risky mountain areas so it will help to gain more adventurous build up capacity to the trekkers'. Trekker will get knowledge that is more adventurous with the real life scenario in mountain areas or in remote area.

**Trekking Kit :-**

- A pair of hiking/ trekking boots
- A pair of slippers
- Pairs of woolen socks and cotton socks
- A pair of climbing and pile pants
- Two medium poly pro shirts
- One pile jacket

**Always follow the instructions given by the Leader. Do not try to see in the holes or ditches. Do not throw stones on others or plastic in the jungle.**

## Rafting

Rafting is the recreational outdoor activity of using an inflatable raft to navigate a river or other bodies of water. This is often done on white water or different degrees of rough water, in order to thrill and excite the raft passengers. The development of this activity as a leisure sport has become popular. White water rafting can be a dangerous sport, especially if basic safety

precautions are not observed.

One of the most simple ways to avoid injury while out of a raft, is to swim to an eddy to avoid being taken downstream.

## Parasailing

These fun-to-ride parachutes often seen at the beach or in the open ground or in the sky which are called parasails, a special type of amusement ride found only in windy areas like the seashore or hills ground. While they may look like thrilling, rollercoaster-type rides or even like some type of extreme sport, people who have tried them say that the ride is smooth and peaceful. Companies that advertise parasail rides say that you don't even have to get wet. No experience is necessary, and anyone from about six years old on up may ride.

The parachutes used for parasailing are large ones, as wide as thirty to forty feet. They are attached to strong cables which are attached to a winch. The winch is something like a large fishing reel that is used to wind up the cable. Below the parasail itself are harnesses for the flyers. Some people fly individually. Others fly in groups of two or three. In this case, a strong aluminum bar connects the individual harnesses side by side. The flyers wear life jackets for their safety.

Parasailing, also known as parascending or parakiting, is a recreational kiting activity where a person is towed

behind a vehicle (usually a boat) while attached to a specially designed canopy wing that reminds one of a parachute, known as a parasailwing. The manned kite's moving anchor may be a car, truck, or boat. The harness attaches the pilot to the parasail, which is connected to the boat, or land vehicle, by the tow rope. The vehicle then drives off, carrying the parascender (or wing) and person into the air. If the boat is powerful enough, two or three people can parasail behind it at the same time. The parascender has little or no control over the parachute. The activity is primarily a fun ride, not to be confused with the sport of paragliding.

## Parachute Jumping

A parachute is a device which enables a person to jump from an aircraft and float safely to the ground.

A parachute is a device used to slow the motion of an object through an atmosphere by creating drag, or in the case of ram-air parachutes, aerodynamic lift. Parachutes are usually made out of light, strong cloth, originally silk, now most commonly nylon.

## National Adventure Institute

The National Adventure Institute of The Bharat Scouts and Guides is situated in the Pachmarhi in the Satpura Hills known as Paradise of Trekkers. One more National Youth Adventure Institute is in Gadpuri, Palwal, Haryana. Regular programmes are used to organized at both the Institute.

**Programme :-**

### Archery

Archery is the art, practice, or skill of propelling arrows with the use of a bow, from Latin arcus. Historically, archery has been used for hunting and combat, while in modern times, its main use is that of a competitive sport and recreational activity. A person who participates in archery is typically known as an "archer" or a "bowman",

### Shooting–

A shooting sport is a competitive sport involving tests of proficiency (accuracy and speed) using various types of guns such as firearmsand airguns, A rifle is a firearm or airgun with a rifled barrel, but commonly refers to long weapons that usually require two hands to hold and fire

steadily.The shooting sports are categorized by the type of firearm, targets, and distances at which the targets are shot from.

## Horse riding

Horse riding is the activity of riding a horse, especially for enjoyment or as a form of exercise. Riding horses is exhilarating, and will challenge you physically and mentally. Good horseman spend a lifetime learning how to improve their riding. You've got to start somewhere.

When starting horse riding for beginners, safety should be your first concern. No one wants to get hurt.We've all heard the horror stories of friends and family members that rode a horse and had a bad experience.Whether you are headed out for your first trail ride or signed up for your first horseback riding lesson you can learn these basics to enjoy your ride.

## Mountain biking

A bicycle with a light sturdy frame, broad deep-treaded tyres, and multiple gears, originally designed for riding on mountainous terrain. Mountain biking is the sport of riding bicycles off-road, often over rough terrain, using specially designed mountain bikes. Mountain bikes

share similarities with other bikes, but incorporate features designed to enhance durability and performance in rough terrain.

## Rappelling

A descent of a vertical surface, as a cliff or wall, by sliding down a belayed rope that is passed under one thigh and over the oppositeshoulder or through a device that provides friction, typically while facing the surface and performing a series of short backward leapsto control the descent.

## Zip line

## Russian Wall Sea Saw Bridge

You have to complete adventure programme of National Adventure Institute or any other recognized Institute. You can contact at the following addresses:

The Adventure Programme Officer
The Bharat Scouts and Guides
National Adventure Institute,
Pachmarhi: 461881, Hoshangabad, MP
Tel: 07578-252350;
Email: nai@bsgindia.org

The Adventure Programme Officer
The Bharat Scouts and Guides
National Youth Adventure Institute,
Gadpuri, Palwal, Haryana
Email: nyc@bsgindia.org

The Adventure Programme Officer
The Bharat Scouts and Guides
National Youth Adventure Institute,
Snowview Campsite, A.B. Path
(Near Kurseong Police Station)
P.O. Kurseong Dist. Darjeeling
Email: adventure@bsgindia.org

*You can also find out the details in the website of The Bharat Scouts and Guides i.e. www.bsgindia.org.*

# Practice B.P Six or Surya Namashkar or Aerobic

## BP's SIX EXERCISES

***Any Boy can make himself strong and healthy through some regular body exercises. They take only ten minutes and do not require any apparatus. Do them immediately after getting up and just before going to bed.***

Here are some good exercises suggested by Lord Baden Powell in Scouting for Boys, camp fire yarn no. 17.

**(1) For Head and Neck-** Rub the head, face and neck firmly over several times with the palms and fingers of both hands, thumb the muscles of the neck and throat.

Then comb your hair, clean your teeth, wash out your mouth and nose, drink a cup of cold water and then go on with the following exercises.

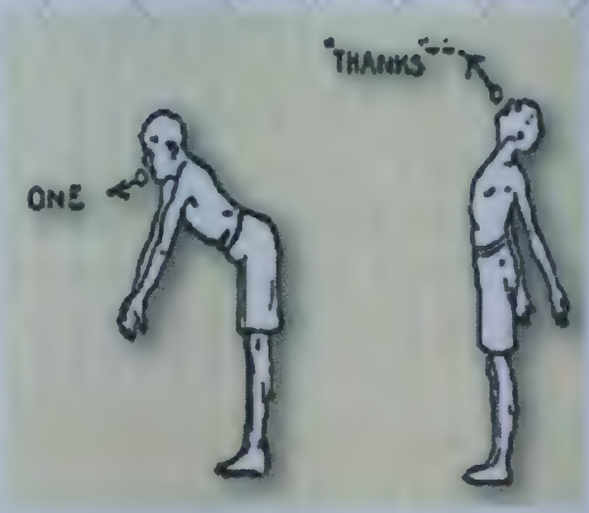
The movements should all be done as slowly as possible. Breathe the air in through your nose and breath out through your mouth.

**(2) For Chest**- From upright position bend to the front, arms stretched downwards, with back of the hands together in front of the knees. Breathe out.

Raise the hands gradually over the head and lean back as far as possible, drawing a deep breath through the nose as you do-that is, drinking God's air into your lungs and blood. Lower the arms gradually to the sides,

breathing out the word "Thanks" (to God) through the mouth.

In the pictures, an arrow with a circle means breathing out through the mouth.




Lastly, bend forward again, breathing out the last bit of breath in you, and saying the number of times you have done it, in order to keep count.

Repeat this exercise twelve times.

Remember while carrying it out that the object of the exercise is to develop shoulders, chest, heart and breathing apparatus inside you.

Deep breathing is important for bringing fresh air into the lungs to be put into the blood, and for developing the size of the chest, but it should be done carefully, and not overdone. It is done by sucking air in through the nose until it swells out your ribs as far as possible, especially at the back; then, after a pause, you breathe out the air slowly and gradually through the mouth until you have not a scrap of air left in you, then after a pause draw in your breath again through the nose as before.

Singing develops simultaneously proper breathing and development of heart, lungs, chest, and throat, together with dramatic feeling in rendering the song.

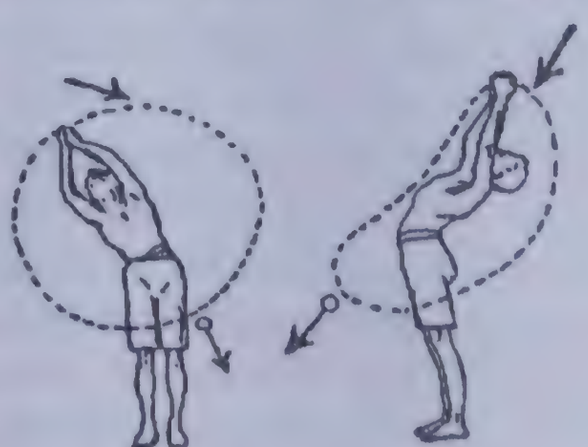
**(3) For Stomach-** Standing upright, stretch out both arms, fingers extended, straight to the front, then slowly swing round to the right from the hips without moving the feet, and point the right arm as far round behind you as you can, keeping both arms level with, or a little higher than, the shoulders. Then, after a pause, swing slowly round as far as you can to the left. Repeat this a dozen times.

This exercise is to move the inside organs such as liver and intestines, and help their work, as well as to strengthen the outside muscles round the ribs and stomach.

While carrying out this exercise, the breathing should be carefully regulated. Breathe in through the nose (not through the mouth), while pointing to the right rear; breathe out through the mouth as you come round and point to the left rear, and at the same time count aloud the number of the swing-or, what is better, thinking of it as part of your morning prayer with God, say aloud: "Bless Tim", "Bless Father", and any of your family or friends in turn.

When you have done this six times to the right, change the breathing to the other side: breathe in when pointing to the left rear, and breathe out to the right.

**(4) For Trunk**- "Cone Exercise".-Standing at the "Alert", raise both hands as high as possible over the head, close to the ears and link fingers. Lean backwards, then sway the arms very slowly round in the direction of a cone, so that the hands make a wide circle above and around the body, the body turning from the hips, and leaning over to one side, then to the front, then to the other side, and then back. This is to exercise the muscles of the waist and stomach.



Repeat, say, six times to either side. With the eyes you should be trying to see all that goes on behind you during the movement.

A meaning attached to this exercise, which you should think of while carrying it out, is this. The clasping hands mean that you are knit together with friends-that is, other Scouts-all round you as you sway round to the right, left, before, and behind you; in every direction you are bound to friends. Love and friendship are the gift of God, so when you are making the upward move you look to heaven and drink in the air and the good feeling, which you then breathe out to your comrades all round.

### (5) For Lower Body and Back of Legs-

Like every one of the exercises, this is, at the same time, a breathing exercise by which the lungs and heart are developed, and the blood made strong and healthy. You simply stand up and reach as high as you can skywards, and backwards, and then bend forward and downward till your fingers touch your toes, without bending your knees.

Stand with the feet slightly apart, touch your head with both hands, and look up into the sky, leaning back as far as you can, as in Fig. 1.

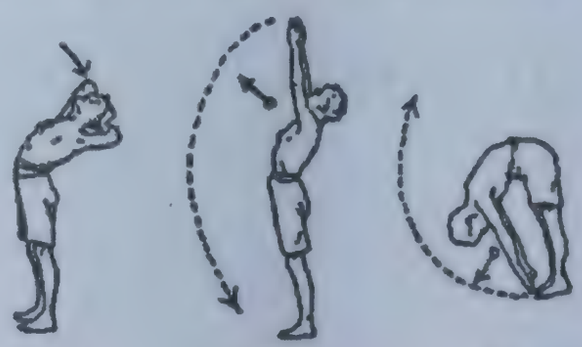


Fig. 1 Fig. 2 Fig. 3

If you mingle prayer with your exercises, as I described to you before, you can, while looking up in this way, say to God: "I am yours from top to toe", and drink in God's air (through your nose, not through the mouth). Then reach both hands upwards as far as possible (Fig. 2), breathe out the number of the turn that you are doing, and bend slowly forward and downward, knees stiff, till you reach your toes with your finger-tips (Fig. 3).

Tuck in the small of your back while on the downward bend.

Then, keeping arms and knees still stiff, gradually raise the body to the first position again, and repeat the exercise a dozen times.

The object of this exercise is, however, not to touch the toes, but to massage the stomach. If you find you cannot touch your toes do not force yourself to do it, and, more especially, do not jerk yourself or allow anyone else to force you down. The value of the exercise lies in the upward stroke as against the downward stroke.

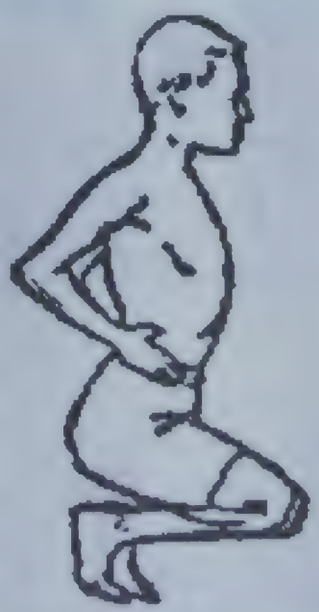
### (6) For Legs, Feet and Toes

Stand barefooted, at the position of "Alert". Put the hands on the hips, stand on tip-toe, turn the knees outwards, and bend them slowly till you gradually sink down to a squatting position, keeping the heels off the ground the whole time.

Then gradually raise the body and come to the first position again.

Repeat this a dozen times.

The small of the back must be tucked in. The breath should be drawn in through the nose as the body rises, and counted out, through the mouth, as the body sinks. The weight of the body must be on the toes all the time, and the knees turned outwards to make you balance more easily. While performing the practice you should remember that its object is to strengthen the thighs, calves, and toe-sinews, as well as to exercise the stomach, so if you practise it several times during the day, at any odd moments, it will do you all the more good.



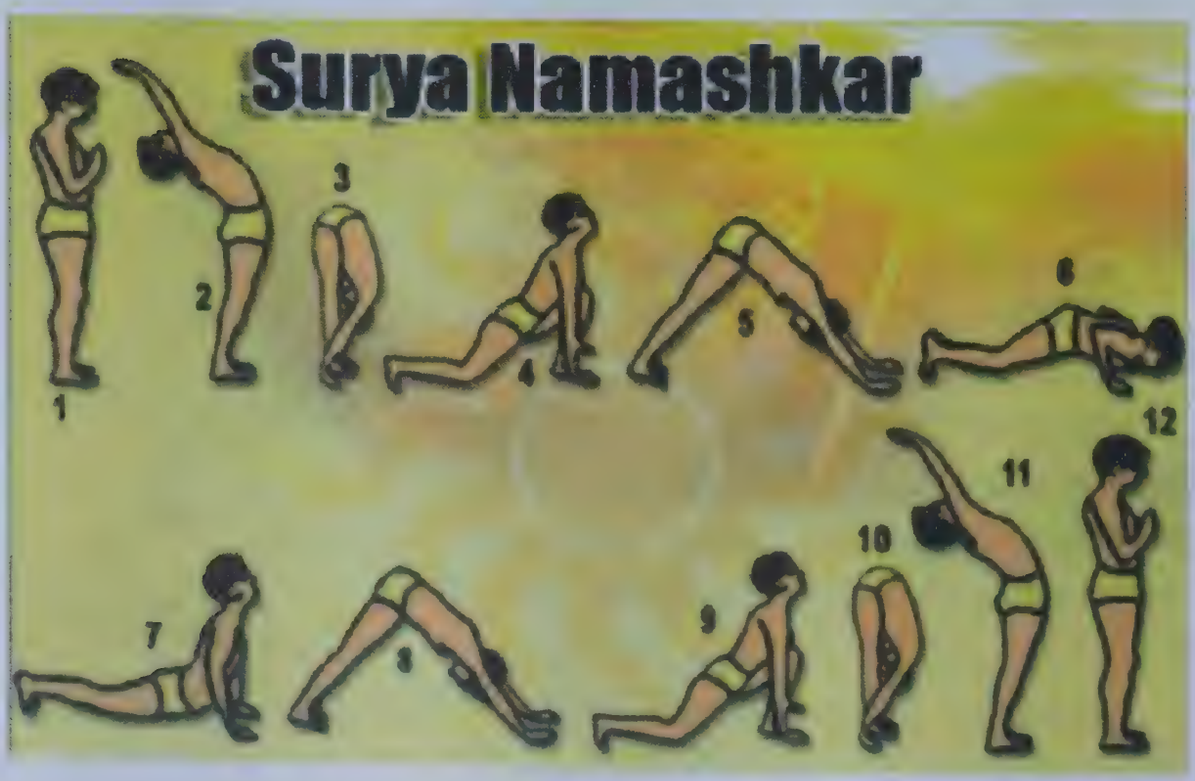
And you can connect with this

exercise, since it makes you alternately stand up and squat down, that whether you are standing or sitting, at work or resting, you will hold yourself together (as your hands on your hips are doing), and make yourself do what is right.

## Surya Namashkar
## some practical guidelines

Effective use of Surya Namashkar is experienced on three levels, body, mind and intellect. The practice of Surya Namashkar is a sort of training to your body mind and soul (Pradnya). It works with equal force on these three aspects. It gives us physical and mental health with sharp intellect.

Only 35% to 40% of your muscles are used in daily activities. Rest of the muscles remain inactive. Surya Namashkar is a physical exercise where almost 95% to 97% of your muscles are switched on to active mode. They remain active, hours ahead during the day, till you recharge them the next morning.



You are at dis-ease when there is imbalance of Waat, Kapha and Pitta in the body. Daily practice of Surya Namashkar maintains steady state of these three, keeping the body in perfect health.

While performing Surya Namashkar the breathing exercise (Pranayam) gives more oxygen to your lungs. The rhythm of breathing becomes heavy with vitality. Each breath becomes deep and clear. It carries more oxygen to the parts of your body.
The vital points (The Chakras) in the body get charged. The Surya-Tej in these Chakras gets enlightened with the thought and sight of the Sun God.

While performing Surya Namashkar think nothing but about the Sun God. Concentrate yourself on the meaning of the Surya Mantra, the steps in the Surya Namashkar, their sequence, the proper activities of the different parts of the body, where you feel stress, stretch and strain etc. This will shut your mind off from thinking. Thoughtless state of mind contains no mental stress and strain at all. It is a real rest to your mind. Freedom from mental and emotional anxiety is the sound rest to your body too.

The word Moksha ! means to be relieved from fear and tears. It is to get freedom from all types of woes and worries. This is the released state of mind which gives you absolute happiness. All the virtues, the divine qualities which are nothing less than GOD HIMSELF are the carriers that take you to the absolute happiness-the Moksha.

The starting shloka, the Sankalpa, the prayer, the concluding shloka, the Samarpan and the shloka of dedication are important in the process of know themself. If you can't (or don't want to) recite these shlokas give a

thought to the meaning of each shloka while practicing Surya Namashkar.

Early morning is the best time for Surya Namashkar. Don't eat anything at least for five hours prior to Surya Namashkar.

Follow the body postures in each step very scrupulously. If it is not possible for you at the beginning you are free to make some minor changes, here and there, for the time being. But your final aim is to attain the perfect position.

All the diagrams merely indicate only outward body posture roughly. They are not the ideal state of Asana.
Each movement of the Asana should be divided into parts and performed gracefully.

While performing the Asanas keep your belly and hip part loose. Get the feel of the stretch and strain at the particular part of the body. The rest of the body should be free of muscle tension.

Go slow. Slow speed is for (Sharir Shuddhi) cleansing the body of all sorts of toxins, fats, unwanted secretions and for restoring health. Each movement of the Asana should be graceful. Use all your physical ability to experience the stretch and strain on your body while performing the Asana

There are twelve steps in Surya Namashkar. You can count five seconds for each step of the Surya Namashkar. It means that one Surya Namashkar goes for one minute (and a bit more). This is the normal speed to perform twelve Asana / one Surya Namashkar. This speed ensures Sharir Vruddhi. Steady progress in overall health and happiness. At the beginning, of course, you have to go very slow.
The body posture is important. If you have any problem at any step, revise all the given information, about the

particular step, in the light of your problem. Your doubt will be solved. Make use of phone / E-mail to get your doubts cleared.

You can gain perfection in the Surya Namashkar after a long and steady practice. Be patient. Maintain slow and steady progress everyday to reach to the right posture of the Asana. Be one with the art. The Sun God will take you to the path of progress.

It is said that twenty-four Surya Namashkar, if done properly, are equal to five hundred sit-ups / pull-ups. It may be a statement of exaggeration. But it is worth to experience the physical fitness that you attain after you start practising Surya Namashkar. At the beginning of the practice, one Surya Namashkar consumes 02.30 KCL. This exercise burns out a lot of calories and reduces body mass and body weight.

If your physical capacity is to perform twelve Surya Namashkar at a time, perform only five. Give importance to use all the physical abilities to perform each and every Asana of Surya Namashkar.

The seven Chakras (the vital points), in your body govern every of your activity. They motivate you to act, give ability to perform the act and get the action done. Doctors also give prime importance, directly or indirectly, to these vital points while treating a patient. Overall heath and strength is restored through Surya Namashkar.

Persons suffering from slip-disk, arthritis, heart attack etc are suggested to take medical opinion before they start the practice of Surya Namashkar.

***If your breathing goes fast while practising Surya Namashkar, either take some rest or stop ED793993610IN performing more Surya Namashkar for the day. After the practice of Surya Namashkar is over you better lie down in Shawasan/Yoga Nidra for some time.***

***YOGA and ASANA***

# Laws for protecting Woman in India

Protective laws were enacted to protect women from certain hazards or difficulties, Number of laws has been brought by the govt. of India laws for protecting women.

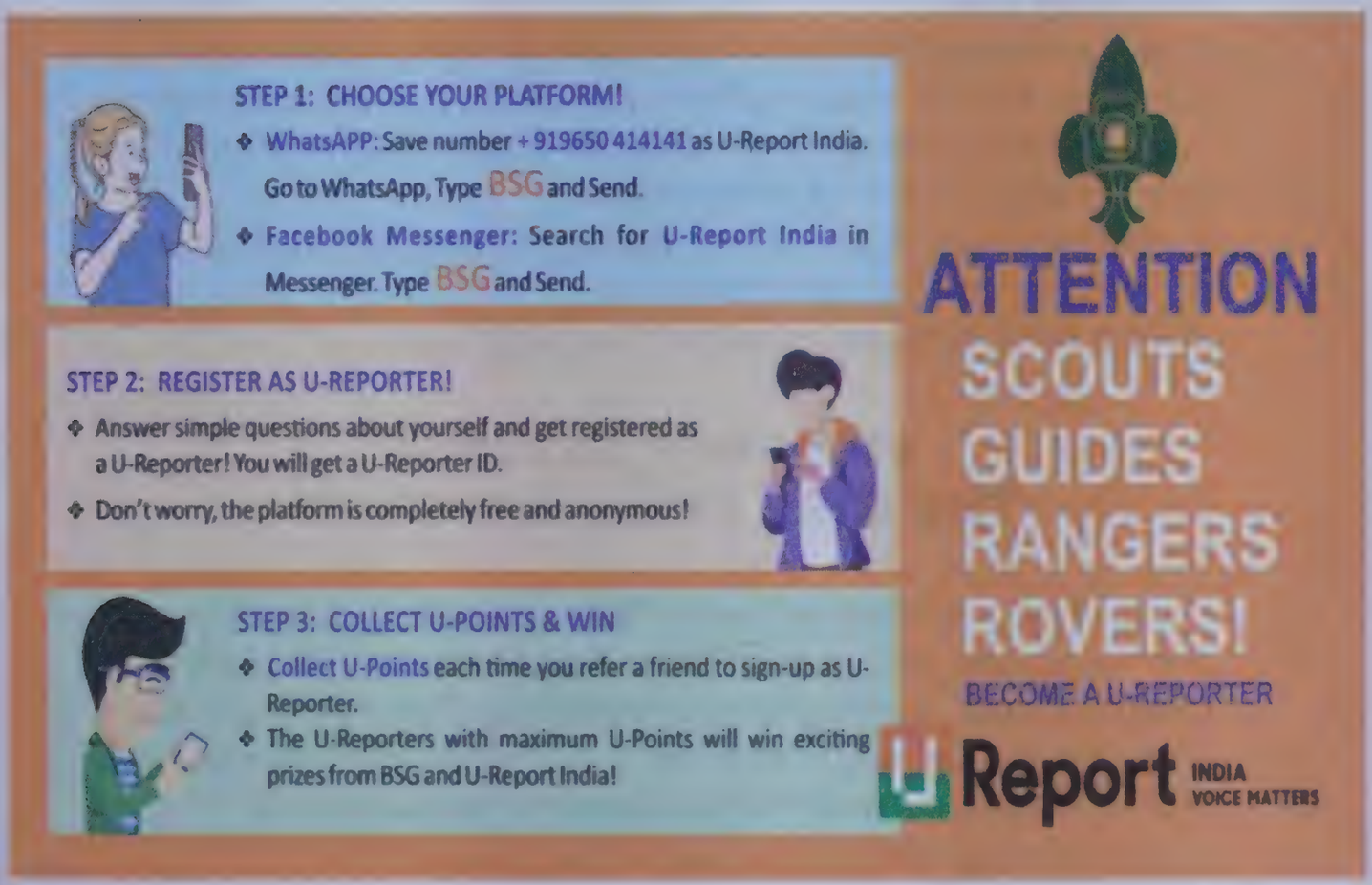
The object of scouting & guiding is to educate themselves and the community the laws priveling to protect women in the society. Some of the laws / act are appended below for more details of the act log on to http://ncw.nic.in/frmLLawsRelatedtoWomen.aspx

1. The Immoral Traffic (Prevention) Act, 1956
2. The Dowry Prohibition Act, 1961 (28 of 1961) (Amended in 1986)
3. The Indecent Representation of Women (Prohibition) Act, 1986
4. The Commission of Sati (Prevention) Act, 1987 (3 of 1988)
5. Protection of Women from Domestic Violence Act, 2005
6. The Sexual Harassment of Women at Workplace (PREVENTION, PROHIBITION and REDRESSAL) Act, 2013
7. The Child Marriage Restraint Act, 1929 (19 of 1929)
8. The Indian Penal Code,1860
9. The Indian Evidence Act, 1872
10. The Indian Christian Marriage Act, 1872 (15 of 1872)
11. The Married Womens Property Act, 1874 (3 of 1874)
12. The Guardians and Wards Act,1890
13. The Workmens Compensation Act, 1923
14. The Trade Unions Act 1926
15. The Child Marriage Restraint Act, 1929 (19 of 1929)
16. The Payments of Wages Act, 1936

17. The Payments of Wages (Procedure) Act, 1937
18. The Muslim Personal Law (Shariat) Application Act, 1937
19. Employers Liabilities Act 1938
20. The Minimum Wages Act, 1948
21. The Employees State Insurance Act,1948
22. The Factories Act, 1948
23. The Minimum Wages Act, 1950
24. The Plantation Labour Act, 1951 (amended by Acts Nos. 42 of 1953, 34 of 1960, 53 of1961, 58 of 1981and 61 of 1986)
25. The Cinematograph Act, 1952
26. The Mines Act 1952
27. The Special Marriage Act, 1954
28. The Protection of Civil Rights Act 1955
29. The Hindu Marriage Act, 1955 (28 of 1989)
30. The Hindu Adoptions & Maintenance Act, 1956
31. The Hindu Minority & Guardianship Act, 1956
32. The Hindu Succession Act, 1956
33. The Maternity Benefit Act, 1961 (53 of 1961)
34. The Beedi & Cigar Workers (Conditions of Employment) Act, 1966
35. The Foreign Marriage Act, 1969 (33 of 1969)
36. The Indian Divorce Act, 1969 (4 of 1969)
37. The Contract Labour (Regulation & Abolition) Act, 1970
38. The Medical Termination of Pregnancy Act, 1971 (34 of 1971)
39. Code of Criminal Procedure, 1973
40. The Equal Remuneration Act, 1976
41. The Bonded Labour System (Abolition) Act, 1979
42. The Inter-State Migrant Workmen (Regulation of

Employment and Conditions of Service) Act, 1979

43. The Family Courts Act, 1984
44. The Pre-Natal Diagnostic Techniques (Regulation and Prevention of misuse) Act 1994
45. The Muslim women Protection of Rights on Dowry Act 1986
46. The Child Labour (Prohibition & Regulation) Act 1986
47. Mental Health Act, 1987
48. National Commission for Women Act, 1990 (20 of 1990)
49. The Protection of Human Rights Act, 1993 [As amended by the Protection of Human Rights (Amendment) Act, 2006No. 43 of 2006]
50. Juvenile Justice Act, 2000


STEP 1: CHOOSE YOUR PLATFORM!
WhatsAPP: Save number +919650 414141 as U-Report India. Go to WhatsApp, Type BSG and Send.
Facebook Messenger: Search for U-Report India in Messenger. Type BSG and Send.
STEP 2: REGISTER AS U-REPORTER!
Answer simple questions about yourself and get registered as a U-Reporter! You will get a U-Reporter ID.
Don't worry, the platform is completely free and anonymous!
STEP 3: COLLECT U-POINTS & WIN
Collect U-Points each time you refer a friend to sign-up as U-Reporter.
The U-Reporters with maximum U-Points will win exciting prizes from BSG and U-Report India!
ATTENTION
SCOUTS
GUIDES
RANGERS
ROVERS!
BECOME A U-REPORTER
U-Report
INDIA
VOICE MATTERS

## Organize "Campaign to Stop the Violence against Women and Girl Child".

Organized Campaign to stop the violence against women and Girl Child by Rovers / Rangers success of the campain depends on active communication there for prior to lounching a campain adequaeate care to be taken in planing to the maxmium extent to reach to all persons posible.

Plan a mass campain with play cards and then go to the public for campain.

### Some importent points to be noted

*1.In what terms do the people talk about the issue ?*
*2.Listen more then you talk, be open and alert public are watching you.*
*3.Were correct uniform & campain where people are.*
*4.Listen to the ideas of the people, your task is not to "win" an argument but to provide a sort of information for the developement of awareness.*
*5.Use the language with cartoons the people understand*
*6.Select of time & duration.*
*7.Test for Effictiveness after the campaign.*

## VIOLENCE AGAINST THE GIRL CHILD & WOMEN

Girls play multiple roles in the household, society and economy, yet are discriminated against from the earliest stages of life, throughout childhood. This can hold back their progress, prevent them from enjoying their human rights and make them more likely to face violence.

1.Eliminating violence against the girl child
2.Addressing violence against women and girls in the informal economy
3.Engaging sport communities and addressing violence against women and girls in sport.

4.Working with the corporate sector to end violence against women and girls End conflict-related sexual violence against women and girls.
5.End female genital mutilation
6.Ending violence against women and girls must be part of new development framework.

# Visit a Factory

## Objective :-

Organise Crew/Team council list out the Factories to be visited.

Prepare a detailed plan get prior permission from the factory owner for the visit and prepare the tentative date for the visit & collect the following details:-

## Purpose :-

Visit a local Factory and know about manufacturing process and explain the dignity of labour.

1. Explain each type of process carried out in factory.
2. Explain the different units in the factory.
3. Distinguish if the factory is semi automated or fully automated, Give valid reasons.
4. List the type of machines seen in the factory.
5. Explain how finished products are being transferred from manufacturer to the sellers and what are the selling criteria.
6. Cost of Production and cost of individual unit.
7. Enquire labors about the situations in factory.
8. List the goals for each labour.
9. What are the criteria and qualifications for recruitment of labours.

*On compietion of the test to satisfaction of the Rover Scout Leader/Ranger Leader who act as on examiner, Nipun Badge is issued by the Local/District Association.*

*Nipun Badge is a pair of green shoulder flashes of cotton or wool with letter '**R**' in red at bottom and a yellow bar under letter.*

*The badge shall be worn on shoulder straps.*

***Now you are ready to start working for Rajya Puraskar.***

# Join us

## ENJOY THE ADVENTURES OF SCOUTING/GUIDING

### THE BHARAT SCOUTS AND GUIDES

NATIONAL ADVENTURE INSTITUTE, PACHMARHI, (MADHYA PRADESH)

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NATIONAL YOUTH COMPLEX, GADPURI, (HARYANA)

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NATIONAL ADVENTURE INSTITUTE, KURSEONG, DARJEELING (WEST BENGAL)

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Published by the Director, for the Bharat Scouts and Guides,
National Headquarters, Lakshmi Mazumdar Bhawan,
16, Mahatma Gandhi Marg, Indraprastha Estate, New Delhi - 110002.